



JUST SOLUTIONS

campaigning for human rights

Human Rights Advocacy Kit

From the television series commemorating the 50th
Anniversary of the Universal Declaration of Human Rights



*"The destiny of human rights is in the hands of
all our citizens in all our communities."*

ELEANOR ROOSEVELT



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Dear Concerned Citizen,

Welcome to the Just Solutions Human Rights Advocacy Kit, created for you and others who are committed to ending Human Rights abuses once and for all. We invite you to use this resource to find an action that can and will make a difference, or to use this kit as a guide to creating your own action for change.

On December 10, 1998, the world will mark the 50th anniversary of the United Nations' Universal Declaration of Human Rights. Free Speech TV, Human Rights Watch International Film Festival, and a growing number of organizations and individuals are working to promote an international Human Rights action agenda. Ending Human Rights abuses will not be easily accomplished, but through the work and effort of each one of us, we can, will, and must, meet this critical challenge. Just Solutions, an 18½ hour television series, was our first step toward increasing awareness of Human Rights abuses, as well as community-based solutions. Now it is time to make that critical second step, the step from education to action.

Please use this kit to learn about the important and effective campaigns being undertaken by the amazing organizations that are working right here in the United States to bring about positive social change. Take time to explore the document that is as relevant and necessary today as it was 50 years ago: the Universal Declaration of Human Rights. Then, take even ten minutes of your time to do your part to strengthen respect for Human Rights, and challenge those who will not uphold these important articles. As we are reminded by the framers of this unprecedented document, Human Rights are protected and promoted by human beings. The destiny of Human Rights is **IN YOUR HANDS!**

Sincerely Yours,

Bruni Burres
Human Rights Watch International Film Festival
Director

Jon Stout
Free Speech TV
Program Director



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"Where, after all, do universal rights begin? In small places, close to home—so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world..."

ELEANOR ROOSEVELT

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Cover Photo: Harvey Finkle, Impact Visuals

WHAT ARE HUMAN RIGHTS?

- Human Rights are the rights a person has simply because he or she is a human being.
- Human Rights are held by all persons equally, universally, and forever.
- Human Rights are inalienable: you cannot lose these rights any more than you can cease being a human being.
- Human Rights are indivisible: you cannot be denied a right because it is "less important" or "non-essential."
- Human rights are interdependent: all Human Rights are part of a complementary framework. For example, your ability to participate in your government is directly affected by your right to express yourself, to get an education, and even to obtain the necessities of life.

Rights for each and every human being were first articulated in 1948 in the United Nations Universal Declaration of Human Rights (UDHR).

Following the horrific experiences of the Holocaust and World War II, and amid the grinding poverty of much of the world's population, many people sought to create a document that would capture the hopes, aspirations, and protections to which every person in the world was entitled and ensure that the future of humankind would be different. See The Human Rights Watch USA booklet attached to this kit for the complete text of the UDHR.

Source: From the Franklin and Eleanor Roosevelt Institute and the National Coordination Committee for the 50th Anniversary of the Universal Declaration of Human Rights "In Your Hands" campaign, adapted from Pam Costain, "Moving the Agenda Forward," Connection to the Americas 14.8 (October 1997): 4.

WHY GET INVOLVED IN HUMAN RIGHTS ADVOCACY?

We are asking you to get involved in Human Rights advocacy for a reason. The Universal Declaration of Human Rights is a document that proclaims the fundamental freedoms and Human Rights of all humankind. However, the Declaration itself is not legally binding. Therefore, the actual enforcement of the Declaration remains largely in the hands of individuals worldwide who value freedom and justice. The commitment of each individual to end Human Rights abuses advances Human Rights for all individuals. It is precisely this commitment, made one person at a time, that has made positive social change possible throughout history.

Getting involved in Human Rights advocacy brings personal benefits as well. Part of the anxiety we feel in this information age comes from a feeling of helplessness. We see disasters and human suffering daily, and yet after the television images fade, what can we really do? The truth is that you can make a difference, and that you have more power than you may think. For example, the actions of the U.S. government have enormous impact on world events. Decisions on domestic policy make or break entire communities. As a citizen of the most powerful country in the world, your voice and action can direct the course that U.S. domestic and global policies take. Getting involved means taking responsibility as a citizen in our democracy, and giving up the troubling consequences of helplessness.

And you won't be alone. Hundreds of thousands of people across the U.S. and around the globe are working towards ending Human Rights abuses. These people share your sense of compassion and determination to build a better world. Would you deny yourself the opportunity of meeting and working with people like this, for a cause like this? The task may seem daunting, but the rewards are great. Won't you help?

ARTICLES OF THE UDHR:

(abbreviated)

- Article 1: Right to equality
- Article 2: Freedom from discrimination
- Article 3: Right to life, liberty, personal security
- Article 4: Freedom from slavery
- Article 5: Freedom from torture, degrading treatment
- Article 6: Right to recognition as a person before the law
- Article 7: Right to equality before the law
- Article 8: Right to remedy by competent tribunal
- Article 9: Freedom from arbitrary arrest, exile
- Article 10: Right to fair public hearing
- Article 11: Right to be considered innocent until proven guilty
- Article 12: Freedom from interference with privacy, family, home and correspondence
- Article 13: Right to free movement in and out of the country
- Article 14: Right to asylum in other countries from persecution
- Article 15: Right to a nationality and freedom to change it
- Article 16: Right to marriage and family
- Article 17: Right to own property
- Article 18: Freedom of belief and religion
- Article 19: Freedom of opinion and information
- Article 20: Right of peaceful assembly and association
- Article 21: Right to participate in government and in free elections
- Article 22: Right to social security
- Article 23: Right to desirable work and to join trade unions
- Article 24: Right to rest and leisure
- Article 25: Right to adequate living standard
- Article 26: Right to education
- Article 27: Right to participate in the cultural life of community
- Article 28: Right to social order assuring Human Rights
- Article 29: Community duties essential to free and full development
- Article 30: Freedom from state or personal interference in the above Rights

ACTIONS

(JUST SOLUTIONS IN 10 MINUTES OR LESS!)

There are many ways to get involved in Human Rights advocacy. In the following pages you will find a series of actions, directly relating to documentaries in the JUST SOLUTIONS series, that you can take in just 10 minutes and make a difference. Okay, some actions may involve more than 10 minutes of your time (particularly JUST SOLUTION # 3 and JUST SOLUTION #4), but some will involve less. Ideally, after you've taken the first step, it will be that much easier to do it again. Ending Human Rights abuses *will* require sustained action, but the solution truly begins with you.

Please keep in mind that this is only a sample of the many Human Rights issues that desperately need to be addressed. See the "Join a Group: Human Rights Issues and Organizations" section on Pages 9-15- for more examples. These sample actions can be combined or modified for any issue. Find a campaign that concerns you, then take action!

JUST SOLUTION ONE

UPHOLD ARTICLE 9 OF THE UDHR: NO ONE SHALL BE SUBJECTED TO ARBITRARY ARREST, DETENTION OR EXILE.

Create, Sign and Circulate a Petition! Petitions are an effective way to demonstrate strength in numbers. Public policy makers respond when their constituency makes its demands known on paper. Petition campaigns are particularly effective because they can be easily mobilized, and the results are exponential. If ten people simply get another ten people to sign a petition, at work or school, or even at the grocery store, the numbers quickly add up.

ISSUE TO BE ADDRESSED:

The Catholic Church's report, "Guatemala: Never Again," shook the peace process in that country and underscored the need to overcome a pattern of politically motivated criminal activity. Guatemala's Catholic Bishop Gerardi was killed just two days after the report was presented. The timing of this crime strongly suggests a political motive. Public officials, however, have yet to launch a thorough investigation.

ACTION:

Demand justice! Join the Network in Solidarity with the People of Guatemala (NISGUA) to create, sign and circulate this petition, and then send it to President Arzu. Be sure to include both the names and addresses of all the signers!

S.E. Alvaro Arzu Irigoyen
President of the Republic of Guatemala
Casa Presidencial
Guatemala City, Guatemala
Fax: 011-502-221-4537

Dear President Arzu:

The undersigned concerned citizens write to express our great dismay about the lack of progress in bringing to justice those responsible for the brutal murder of Guatemalan Bishop Juan Gerardi. This case truly provides a litmus test for the state of democracy in Guatemala. Thus far, the results are not encouraging, and make the international community strongly doubt that there is the political will to end impunity

in Guatemala. We call on you to take all appropriate actions to ensure that the investigation explores all credible leads, including those pointing to members of the military, and arrives at the complete truth, whatever that may be. The future of peace and democracy in Guatemala demand no less.

JUST SOLUTIONS FILM:



Photo:
Derrill Bazzzy

Dirty Secrets: Jennifer, Everardo and the CIA in Guatemala

Dir. Patricia Goudvis, 60min. 1997

Jennifer Harbury, a U.S. citizen, courageously searches for her missing husband - a Mayan rebel leader in Guatemala - only to uncover decades of CIA cover-ups and complicity in brutal human rights abuses.

RELATED ADVOCACY GROUPS:

Amigos de los Sobrevivientes, Guatemala Human Rights Commission, Network in Solidarity with the People of Guatemala (NISGUA), Witness for Peace.

JUST SOLUTION TWO

UPHOLD ARTICLE 5 OF THE UDHR: NO ONE SHALL BE SUBJECT TO TORTURE OR TO CRUEL, INHUMAN OR DEGRADING TREATMENT OR PUNISHMENT.

Write a letter to your elected representative. Letter-writing has long been an effective tool for fighting Human Rights abuses. When you send a letter to a public official or business leader, you are letting these people know that you care about an issue in a very personal way. Collectively, the letters can be used to pressure those in power to take notice of public concern and act accordingly. The personal letter also lets policy makers know that they will be held accountable for their actions. Other tools that work particularly well in combination with letter writing are phone calls, faxes and E-mail campaigns.

ISSUE TO BE ADDRESSED:

In the past ten years, there has been a proliferation of Maximum Control Units in U.S. prisons. Prisoners in such settings are often locked down 23 hours a day. They are denied physical contact with other human beings, and have very limited verbal contact. These control units violate international standards on Human Rights in that:

1. Isolation is devastating to the human (or animal) psyche. Such settings constitute cruel and inhumane treatment.
2. Spiritual, psychological and/or physical breakdown can occur through:
 - Arbitrary placement not based on pre-established standards and procedures.
 - Years of isolation from both prison and outside communities while being housed in solitary or small group isolation.
 - Extremely limited access to services such as education, worship or vocational training.
 - A closed environment that facilitates physical abuse such as forced cell extraction, strap-downs, beatings after restraint, and sexual intimidation.
3. Transition to the free world is difficult for most prisoners. Prisoners leaving such facilities will have a more difficult time than the normal prisoner adjusting to the free world.
4. The control unit facilities consume enormous resources which should be devoted to programming, therapy and education.

ACTION:

Use the sample letter on the next page to write to federal and state legislators to limit and modify the use of Maximum Control Units.

JUST SOLUTIONS FILM:

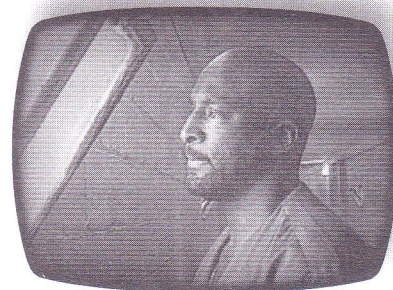


Photo:
Barbara Zahm

The Last Graduation: The Rise and Fall of College Programs in Prisons

Dir. Barbara Zahm/Deep Dish TV, 1998, 60min.

Prisons are a growth industry in the U.S., but recent "get tough" legislation has cut off one of the few effective tools for rehabilitation and education.

RELATED ADVOCACY GROUPS:

Amnesty International, California Prison Focus, Citizens United for the Rehabilitation of Errants (CURE), Prison Activist Resource Center (PARC).

LETTERS THAT WORK!

A few basic tips when lobbying members of Congress in support of pending legislation. Same rules apply, vice versa, when acting in opposition to pending legislation. (Contributed by the Network in Solidarity with the People of Guatemala)

Because of the large volume of mail and calls they receive, congressional offices look at constituent letters and calls in the following manner of importance:

1. Personal letters and phone calls from voters in their district.
2. Personal postcards from voters.
3. E-mail, pre-printed form letters, postcards, faxes.

Letters: Make it short and simple. Keep your letter to one topic, state your purpose in the first paragraph, identify the bill by number if you know it. Limit the letter to one page or less, address the members properly, and be respectful and courteous.

ACTIVIST TIP: VOTE

The first step toward change, but an easy one to let slip by. Remember, you don't live in a democracy, you use a democracy. The policies made by the U.S. have a great impact on Human Rights globally, so make your voice heard at the ballot box.

(Senator's Name)
United States Senate
Washington, D.C. 20510
(Date)

Dear Senator (Senator's Last Name) :

I am writing to you to call your attention to serious human rights abuses currently taking place in U.S. prisons, and to ask that you use your office to remedy this situation as soon as possible.

In order to comply with the United Nations' Universal Declaration of Human Rights Article 5 (No one shall be subject to torture or to cruel, inhuman or degrading treatment or punishment) authorities in charge of Maximum Control Units should amend their policies so that no prisoner is confined long-term or indefinitely in conditions of isolation and reduced sensory stimulation. In my opinion, authorities should improve conditions in such units so that prisoners have more out-of-cell time; better access to fresh air and natural light; and access to work, training or vocational programs; and are not held in windowless cells. The mentally ill or those at risk of mental illness should be removed from supermax units.

I urge you to support the international standards of human rights for all, and limit the use of Maximum Control Units. Please let me know how you plan to take action on this important issue. I will take your position into consideration at the next election.

Sincerely,

Your Signature
Your Name
Street Address
City, State, Zip Code

Phone Calls: All members of Congress can be reached through the Congressional switchboard, (202) 224-3121. When you reach their office, you have two options:

1. The simplest route is to leave a message with the secretary who answers the phone urging the member to co-sponsor the bill. Leave your name and address and ask that they send you a written follow-up.
2. If you feel comfortable discussing the issues, ask to speak with a legislative aid in charge of either corrections matters or prison affairs. Begin by asking the aid if the member is aware of the bill, and if so, what the member's position is. If the aid has not heard of the bill (very likely), briefly explain it in one or two sentences. Ask the aid to look into the bill and urge her/his boss to become a co-sponsor. Leave your name and address and ask that they send you a written follow-up.

E-mail: Almost all members of Congress have E-mail. Whether or not they read it is another matter. The general consensus among grassroots lobbyists is that E-mail is a great resource to get the message out to concerned activists, but not a very effective tool to pressure lawmakers. It takes a little extra effort to write out a letter and put a stamp on it or pick up the telephone, but that extra effort is what tells the Congressperson that you understand the issue and care about it. Of course, if it's between E-mail and nothing - send the E-mail.

JUST SOLUTION THREE

UPHOLD ARTICLE 23, 25, AND 26 OF THE UDHR: EVERYONE HAS THE RIGHT TO A JOB AT AN EQUAL, LIVING WAGE, FOOD, SHELTER, HEALTH-CARE, AND AN EDUCATION.

Research and Document Human Rights Abuses. Documentation of Human Rights abuses is an increasingly critical factor in the fight for Human Rights. All too often, when Human Rights abuses occur, they are difficult to prove. If abuses can be documented—by video, still photography, audio-tape, or even if there is written evidence—the possibilities for ending these abuses are increased dramatically.

ISSUE TO BE ADDRESSED:

The Universal Declaration of Human Rights guarantees every woman, man and child the basic rights to a life with dignity. Spearheaded by the Kensington Welfare Rights Union (KWURU) the Economic Human Rights Campaign was developed as a response to the 1996 Welfare Reform Law, and it began with the documentation of resulting Human Rights violations. A legal committee currently identifies appropriate legal channels through which violations that exist in the U.S. can be exposed to the world. Now more than ever, we need your story!

ACTION:

Gather stories from your community that demonstrate economic Human Rights abuses

1. Learn more about economic Human Rights (see UDHR articles 23, 25, and 26). Learn how to document economic Human Rights violations. The Economic Human Rights Campaign can send you "how to" manuals and examples of cases already documented. If you have access to a group of people who would like to get involved, bring a Human Rights School to your area!
2. Begin collecting stories. Work in your community, go door to door, to welfare offices, shelters, and anywhere you can think of. Collect documentation of basic Human Rights violations to which poor people are routinely subjected. Send in written stories, newspaper clippings, photographs, videos, etc!
3. For more information to get started, write to the Economic Human Rights Monitoring Project, c/o KWURU, P.O. Box 50678, Philadelphia, PA 19132; call (215) 203-1945; E-mail kwru@libertynet.org; or check out our web site <http://www.libertynet.org/kwru>.

ACTIVIST TIP

DON'T GO IT ALONE

Human Rights activism can be demanding, so get a friend or two and make the work a regular part of your week. Meet over coffee, at someone's house; wherever possible, combine community building with activism. You can't save the world alone, and besides, it's not as much fun that way.

JUST SOLUTIONS FILM:



Photo: Harvey Finkel

Poverty Outlaw

Dirs. Peter Kinoy and Pam Yates

Profiles the work of the Kensington Welfare Rights Union, a community self-help group based in Philadelphia, their descent into poverty, and their efforts to claw their way out, doing whatever it takes for their families to survive.

RELATED ADVOCACY GROUPS:

Alliance for Democracy, Center for Economic and Social Rights; Food First, Kensington Welfare Rights Union, Project South.

CLOSE TO HOME: COMMUNITY-BASED ACTIONS

The people in your community need to hear your voice. The following are suggestions for increasing awareness of Human Rights concerns one group at a time. If you are involved with the following areas of your community, or know someone who is, take some time to educate them on the need for protecting Human Rights.

SCHOOLS AND YOUTH ORGANIZATIONS:

ACTION: Sponsor school art and writing competitions on the UDHR. Distribute the winners' work widely. Publish as a booklet, print on calendars, and use for postage stamps.

JUST SOLUTION FOUR

UPHOLD ARTICLE 30 OF THE UDHR: FREEDOM FROM STATE OR GOVERNMENTAL INTERFERENCE IN THE RIGHTS
ARTICULATED IN THE UNIVERSAL DECLARATION OF HUMAN RIGHTS.

Take Direct Action! Direct Actions sometimes involve campaigns, but also include very personal and individual initiatives. For example, if you want to help feed the homeless, you can volunteer to cook for your local homeless shelter. You can also travel, alone or with a group, to another country, and help out where needed.

ISSUE TO BE ADDRESSED:

Current IMF and World Bank "structural re-adjustment" programs in Haiti are detrimental to the majority of Haitians who are poor and agriculturally based. The programs currently being implemented favor importation of basic foods with no taxes or tariffs. Haitian farmers find it difficult to compete with the low prices of imported foods. Thus, many are losing their livelihood to foreign corporations whose products are flooding the Haitian economy. Haiti now imports about half of its food from the US, even though these foods have historically been produced in Haiti. Many grassroots programs and communities are organizing to rebuild their infrastructure, in an effort to promote agricultural self-sufficiency and to combat the "structural re-adjustment" programs.

ACTION:

Become a "Witness for Peace" and join a Delegation to Haiti. Since 1983, Witness for Peace has sent over 7,000 U.S. citizens to Central America, Mexico (Chiapas) and Haiti to bear witness to the human cost of U.S. foreign, economic and military policies in these regions.

Witness for Peace delegations usually are about two weeks long and are scheduled throughout the year. When possible, delegates stay with families, hear their stories and share their daily lives. Delegates meet with religious and political leaders, community activists, labor organizers, and grassroots groups. They see first hand the human cost of U.S. backed economic policies and unbridled globalization. Delegations also learn about creative, sustainable alternatives developed by economists, small business owners and farmers. They hear from the Haitian people themselves how U.S. grassroots organizing can support their struggle for economic justice. They also hear directly from individuals and communities that are resisting the domination of military and paramilitary forces in their country.

Witness for Peace delegates return to the United States empowered by their experiences and ready to work to change unjust policies. Typically, after returning, delegates organize letter writing campaigns, visit members of Congress and other policy makers, make presentations to local groups, appear on talk shows, write articles for local newspaper and publications, and participate in local and national nonviolent actions. They are then incorporated into the Witness for Peace regional structure, to continue working for peace with justice.

Please join Witness for Peace in March 1999 for an Alternative Spring Break to Haiti! Contact our National office at: Witness for Peace, 1229 15th St., NW • Washington DC 20005. T: 202/588.1471. E-mail: witness@witnessforpeace.org

JUST SOLUTIONS FILM:



Photo: Leah Gordon

A Pig's Tale

Dirs. Anne Parisio and Leah Gordon

Short sighted U.S. economic intervention in Haiti eradicates the Creole pig, a staple in Haiti's economy and cultural life, paving the way for poverty, hunger, and ultimately, revolution.

RELATED ADVOCACY GROUPS:

Grassroots International, Lambi Fund for Haiti, National Coalition for Haitian Rights, Witness for Peace.

RELIGIOUS SECTOR:

ACTION: Organize cultural and social events within religious communities with the UDHR as a celebration theme.

THE BUSINESS COMMUNITY:

ACTION: Challenge the business charters of corporations

who are accused of Human Rights abuses; commend businesses that actively promote and protect Human Rights.

COMMUNITY ORGANIZATIONS:

ACTION: Promote the idea of raising Human Rights issues in cities through their regional and international chapters.

JOIN A GROUP

HUMAN RIGHTS ISSUES AND ORGANIZATIONS

Joining a group that is already working on a specific set of issues has many advantages. With strength in numbers, your voice and the impact of your individual action increases exponentially.

The groups listed on the following pages are working on a broad spectrum of issues, in a variety of ways. Yet all groups have at least two things in common. First, they are all actively advocating for a more just, humane and equitable world where the Human Rights of each and every one of us are respected and protected. And, second, they need your active participation! So please read through the groups' mandates, explore the issues and contact them to find out what you can do to get involved.

ALLIANCE FOR DEMOCRACY

P.O. Box 683, Lincoln, MA 01773; Tel: 781-259-9395
general E-mail: peoplesall@aol.com, www.ea1.com/alliance.

The Alliance for Democracy is committed to achieving true democracy for the U.S., with focus for the voice and will of the people; to social and economic justice for all people; and to building alternative democratic, human-sized economic systems. The Alliance for Democracy sees corporate power as a significant barrier to authentic democracy, a cornerstone for Human Rights, and pursues its goals with respect for the dignity of all people and in a nonviolent way.

The Alliance points to the following in support of its position:

- U.S. courts have given corporations the basic constitutional rights of persons, but workers lose those rights upon entering the workplace.
- The World Trade Organization effectively gives corporations veto power over U.S. environmental and labor laws, weakening our right to protect ourselves and our land by our legislation.
- Of the world's 100 largest economies, 50 are now global corporations.
- The corporate share of taxes paid has fallen from 33 percent in the 1940s to 15 percent today. Individuals' share of taxes has risen from 44 to 73 percent.

ISSUE TO BE ADDRESSED:

The Multilateral Agreement on Investments (MAI) is a bid for economic governance of the world as a single market by transnational corporations. The MAI threatens workers, families, communities and the environment and would severely undercut our democratic governing process. Specifically, the MAI, would:

- Empower foreign corporations to sue federal governments over federal, state and local laws before an international tribunal using, if they wish, rules established by the International Chamber of Commerce.
- Require governments, as a result of binding arbitration, to compensate foreign corporations for laws that could limit their corporate profits, such as environment, human rights,

labor, public health, consumer protection and local community development standards. This would even protect corporations' right to FUTURE profits based on their "intangible" property rights such as their reputation.

- Bind all signatory countries to these obligations for a minimum of 20 years.

ACTION:

Join the campaign to stop the MAI. Reach out to your local officials to designate your community an MAI-FREE ZONE. Work with your local legislators to pass a resolution declaring opposition to the MAI as infringing on local self-determination. Contact the Alliance for Democracy for an Action Packet that includes steps to follow and sample resolutions passed in cities like San Francisco and Boulder.

AMIGOS DE LOS SOBREVIVIENTES

(Friends of the Survivors of Torture)

P.O. Box 50473, Eugene, OR 97405, Tel: 541-484-2450; Fax: (541) 485-7293

E-mail: amigos@efn.org, www.pacinfo.com/eugene/tsnet

The Amigos Center seeks to provide rehabilitative medical and therapeutic services to Latin American survivors of governmental torture. The Amigos Center is a volunteer-based organization funded by local donations, regional foundations, and the United Nation's Voluntary Fund for Victims of Torture. Professional and community collaborations are the main supports for the Center's efforts to help stop international governmental torture through public awareness and assisting the healing of survivors. Treatment objectives:

1. To rebuild trust by creating a "healing community" of friends and professionals which is compatible with the survivors' home cultures.
2. To modify psychological and medical methods for treatment appropriate to participant histories, experiences and cultures.
3. To create a safe environment (food, lodging and other basic needs) that allows survivors to concentrate on their healing and rebuilding their lives.

ACTION:

Volunteer at a torture-survivors center. The Amigos Center

seeks medical professionals willing to donate their time and expertise to rehabilitate torture victims physically, mentally and emotionally. Or, contact them if you can provide shelter for people who have undergone the rehabilitation process, and who are now starting their lives anew. They need help with temporary housing, food and other basic necessities.

AMNESTY INTERNATIONAL-USA

600 Pennsylvania Avenue SE, 5th Floor,
Washington DC 20003, www.amnesty-usa.org

Amnesty International is a worldwide campaigning movement that works to promote all the Human Rights enshrined in the Universal Declaration of Human Rights and other international standards. In particular, Amnesty International campaigns to free all prisoners of conscience; ensure fair and prompt trials for political prisoners; abolish the death penalty, torture and other cruel treatment of prisoners; and end political killings and "disappearances."

ACTION:

Activities range from public demonstrations to letter-writing, from Human Rights education to fundraising concerts, from individual appeals on a particular case to global campaigns on a particular issue. You can join one or more of Amnesty's special groups and networks to help in the fight for Human Rights. These include the Urgent Action Network, the Government Action Network, special campaigns that target a specific country or issue such as women's rights, refugees, or torture. You can even organize public meetings, collect signatures for petitions and arrange publicity events such as vigils at government embassies. Contact Amnesty to get started.

CALIFORNIA PRISON FOCUS (CPF)

2489 Mission Street, #28, San Francisco CA 94110
Tel: 415-821-6545, Fax: 415-452-3359
E-mail: jds@best.com, www.igc.org/prisons/cpf/

California Prison Focus is dedicated to identifying, monitoring and ending the Human Rights violations in California prisons. CPF educates the community about Human Rights abuses and engages in public advocacy for prisoners' Human Rights. CPF works to provide a voice for prisoners to speak about their conditions and concerns, and to empower prisoners and their loved ones to more successfully advocate on their own behalf. CPF seeks an end to the use of long term solitary confinement in California prisons and the closing of all Security Housing Units. CPF investigates conditions in California's three Control Unit Prisons: Pelican Base State Prison, Corcoran State Prison and Valley State Prison for Women. To date CPF has conducted twenty-six investigative trips and interviewed 900 prisoners.

ACTION:

CPF needs your help and support. Only through the

vigorous action of citizens will we be able to put a stop to the ongoing Human Rights violations in California's prisons. Not only do the abuses suffered by prisoners violate the U.S. constitution, they violate the International Covenant on Civil and Political Rights and the International Convention Against Torture. The United States has signed both of these United Nations treaties and must be forced to comply with the prohibitions against the cruel, inhumane and degrading treatment of prisoners. To get involved, please see JUST SOLUTION #2, ACTION to amend use of Maximum Control Units on Pages 5-6.

ACTIVIST TIP:

PACE YOURSELF

Human Rights work requires sustained action, so be prepared to be in it for the long haul. To avoid burnout, take a break when you need one, and don't forget to spend time with family and friends. When you are working on a campaign, organize in ways that provide for incremental and long-lasting change.

CENTER FOR ECONOMIC AND SOCIAL RIGHTS (CESR)

25 Ann Street, 6th Floor, New York, NY 10038,
Tel: 212-634-3424, Fax: 212-634-3425
E-mail: rights@cesr.org, www.cesr.org

Established in 1993, the Center for Economic and Social Rights is one of the first organizations to challenge economic injustice as a violation of international Human Rights law. The basic aim of its work is to mobilize people to confront the policies that keep them poor. CESR work includes:

- Research - CESR conducts fieldwork with social scientists from a wide range of disciplines in order to document violations of human and economic rights
- Advocacy - CESR demands accountability from governments, international financial institutions, and transnational corporations through press campaigns, coalition building and lobbying efforts.
- Collaboration - CESR develops partnerships with grassroots and social justice organizations to engage and mobilize communities affected by Human Rights violations.
- Education - CESR raises awareness of poverty as a Human Rights issue among policy makers, advocacy and community groups, the media and the general public.

ACTION:

CESR has on-going programs in Latin America, The Middle East, Africa and in the US. Please contact them to receive a "How To Get Involved" brochure.

CITIZENS UNITED FOR THE REHABILITATION OF ERRANTS (CURE)

National Office, P.O. Box 2310, Washington, DC 20013-2310,
Tel: 202-789-2126, www.pkdata.com/cure/

CURE is a national organization dedicated to reducing crime through the reform of the criminal justice system, especially prison reform. CURE aims to make sure that prisons are used only for those who absolutely must be incarcerated, and that prisoners have the resources they need to turn their lives around. CURE has over 10,000 members including prisoners themselves. The issues around which members of CURE organize include: abolition of the death penalty; moratorium on prison construction; increase in meaningful job training and education for prisoners. CURE has also fought for expanded coverage of pregnant prisoners in the federal program and for privatized prison industries to pay real wages to prisoners. Without active member participation, CURE would not exist. If you are interested in prison reform issues, please join an existing chapter of CURE, or start one of your own.

ISSUE TO BE ADDRESSED:

Please see JUST SOLUTION #2, ACTION to amend use of Maximum Control Units on Pages 5-6.

FOOD FIRST: INSTITUTE FOR FOOD AND DEVELOPMENT POLICY

398 60th Street, Oakland, CA 94618, Tel: 510-654-4400
Fax: 510-654-4551, E-mail: foodfirst@igc.apc.org
www.foodfirst.org

The Institute for Food and Development Policy, better known as Food First, is a member-supported, nonprofit 'peoples' think tank and education-for-action center. Its work highlights root causes and value-based solutions to hunger and poverty around the world, with a commitment to establishing food as a fundamental human right. As a progressive think tank, Food First produces books, reports, articles, films, electronic media, and curricula, plus interviews, lectures, workshops and academic courses for the public, policy makers, activists, the media, students, educators and researchers. Food First participates in activist coalitions and furnishes clearly written and carefully researched analyses, arguments and action plans for people who want to help change the world.

ISSUE TO BE ADDRESSED:

According to a recent study prepared for Congress, more than 30 million Americans are hungry. This number has increased by half since 1985. It coincides with the longest uninterrupted run of prosperity in modern American history. The right to food is touted ceremoniously in numerous international agreements including the UDHR and the International Covenant on Economic, Social and Cultural rights (ICESCR). The United States is the only

western country that has not ratified the ICESCR and therefore these documents are not legally binding. This campaign aims to push for ratification of the ICESCR as a starting point to end hunger.

ACTION:

Join the "Economic Human Rights: The Time Has Come!" campaign. Please use the sample text to make a petition, and sign and circulate it to as many people as possible. Then send it to Food First: "In this time of U.S. economic stability, I'm confident that America can meet any international Human Rights standard. Food, housing, medical care and a livable wage should be every person's basic Human Right. We, the undersigned, feel that it is time for the U.S. government to guarantee economic Human Rights to its people and ratify the International Covenant for Economic, Social and Cultural Rights."

GRASSROOTS INTERNATIONAL

179, Boylston Street, 4th Floor, Boston, MA 02130,
Tel: 617-524-1400, Fax: 617-524-5525
E-mail: grassroots@igc.apc.org

Grassroots International is an independent, international humanitarian aid and development agency that supports democratic social change in the Third World. Through its partnerships with over 30 community-based groups, people are transforming their societies as they struggle to secure social, political, economic and cultural rights. Grassroots International focuses on regions of the world where U.S. policy has been a key obstacle to positive change. Grassroots International provides direct assistance - cash grants and material aid - to organizations that are making real, measurable differences in people's lives. Grassroots International also provides political solidarity and, at its partners' request, advocates on their behalf in the United States. Its four comprehensive regional programs include Haiti, Eritrea, Mexico and Palestine. Grassroots International also supports strategic efforts in South Africa, Brazil and other areas. Its programs range from helping implement sustainable economic development, including soil conservation and reforestation, to supporting development of independent labor unions, literacy programs, and human rights monitoring.

ACTION:

"Adopt-a-Pig". Help re-populate Haiti with the Creole pig, a critical component of Haiti's cultural, religious and economic life. Get your organization, school, or friends to donate a Creole pig to a "sister" organization or school in Haiti and help Haitians get back on the road to self-sufficiency. For information on how you can adopt-a-pig, please contact Grassroots International.

GUATEMALA HUMAN RIGHTS COMMISSION (GHRC)

3321 12th Street NE, Washington DC, 20017-4008,

Tel: 202-529-6599, Fax: 202-526-4611

E-mail: ghrc@igc.apc.org

www.members.aol.com/PeaceGuate/INDEX.HTM

The Guatemala Human Rights Commission/USA was created to inform the public about Human Rights issues in Guatemala and to advocate for the end of repression and persecution of the Guatemalan people. The GHRC is involved in several campaigns including:

- Coalition "Missing," formed in 1993, is a group of United States citizens who have been directly affected by state-sponsored violence in Guatemala. Coalition members have either lost family or have themselves been physically assaulted as a direct result of the repression in Guatemala.
- Declassification of U.S. Documents on Guatemala. GHRC has been instrumental in pressuring the U.S. government to declassify its agencies' documents on Guatemala. The documents contain vital information about the disappearance of hundreds of thousands of Guatemalans.

ACTIVIST TIP:

READ THE FINE PRINT

When you are making purchases for life's essentials, take a look at the label. Much of what is available on store shelves has been made by people who are forced to work in unsafe conditions and for sub-standard wages. Many clothing companies use child labor, and shoe factories are notorious for Human Rights abuses. If you are unsure about a particular brand, ask the store manager, and do the research yourself. A good place to find information about human rights violations is through The Corporate Watch web site: www.corpwatch.org. Or call them at (415)561-6568.

- The "Voiceless Speaks" project supports Guatemalan refugees living in the U.S. in their efforts to speak out about their experiences in Guatemala. Each Guatemalan receiving a grant has developed a speaking or publication project involving other Guatemalan and U.S. citizens.

ISSUE TO BE ADDRESSED:

Join GHRC and NISGUA in demanding that Human Rights abuses in Guatemala be investigated now! Please see JUST SOLUTION #1, ACTION to expand inquiries into Human Rights abuses in Guatemala, on Page 4.

HUMAN RIGHTS USA

918 16th Street, NW, Suite 602, Washington DC 20006;

Tel: 202-293-0088, Fax: 202-2930089, www.hrusa.org

Human Rights USA educates people in the United States about Human Rights and encourages community-based action. Human Rights USA's primary goal is to demonstrate that the Universal Declaration of Human Rights and other Human Rights documents are as relevant to life in the U.S. as they are to life in other countries. Human Rights USA seeks to educate Americans about the basic Human Rights inherent in societal issues such as race relations, discrimination, economic status, health care, education, housing, immigration and the environment. They urge people to include economic, social, and cultural rights as established Human Rights.

Human Rights USA founders:

1. Street Law, Inc. [Washington, DC]
2. Amnesty International Human Rights Educators' Network [Chicago]
3. Center for Human Rights Education [Atlanta]
4. Partners for Human Rights Education, a joint program of the Minnesota Advocates for Human Rights and the University of Minnesota Human Rights Center [Twin Cities]

ACTION:

Bring Human Rights home to your community.

Step 1: READ THE UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR) The Universal Declaration of Human Rights (UDHR) was adopted by the UN General Assembly on December 10, 1948. This document sets international standards for civil, economic, social, and cultural rights for all people. Human Rights USA encourages an understanding of Human Rights. Use the UDHR as a tool for action and to create positive social change in your community.

Step 2: REQUEST YOUR STATE GOVERNOR AND CITY MAYORS TO PROCLAIM 1999 HUMAN RIGHTS YEAR & HOST HUMAN RIGHTS EDUCATION WORKSHOPS December 10, 1998 marks the 50th Anniversary Year of the UDHR. Ask your State governor and city mayors to proclaim December 10, 1998 through December 10, 1999 Human Rights Year. Get commitments from city offices to host Human Rights education workshops and town hall forums to educate your local community members about the UDHR and how they can take action to assure respect for Human Rights for all.

Step 3: IDENTIFY SPACE AND MATERIALS IN YOUR COMMUNITY TO CREATE A HUMAN RIGHTS MURAL. In honor of the 50th Anniversary year, Human Rights USA is seeking to integrate Human Rights actions in local schools and communities. Students at Ramsey International Fine Arts School in Minneapolis recently completed a mural depicting articles of the UDHR.

KENSINGTON WELFARE RIGHTS UNION (KWRU)

P.O. Box 50678, Philadelphia, PA 19132,

Tel: (215) 203-1945, Fax: (215) 203-1950

E-mail: kwru@libertynet.org, www.libertynet.org/~KWRU

The Kensington Welfare Rights Union (KWRU) was founded in 1991 in Kensington, North Philadelphia (the poorest district in the state of Pennsylvania) by a group of poor women who came together out of necessity. Today, the KWRU is a multi-racial organization led by poor and homeless people who are determined to do more than just survive. KWRU is dedicated to organizing welfare recipients, the homeless, the working poor and all people concerned with economic justice to stand up for their basic Human Rights. In response to recent "welfare reforms" that deny basic necessities to those in need, KWRU has spearheaded The Economic Human Rights Campaign. This is a national effort led by poor and homeless families to raise the issue of poverty as a violation of the economic Human Rights declared in the United Nation's "Universal Declaration of Human Rights," and to bring their plight and fight to the world's attention. The Campaign includes:

- Developing an internet dialogue in order to establish a national and international conversation with other anti-poverty movements.
- Coordinating a legal strategy which makes use of economic Human Rights violations documentation occurring because of welfare reform, downsizing, and poverty.
- And much more.

To join the Campaign, pledge your support, host a local Human Rights school, establish or connect with a local economic Human Rights committee, contribute documentation of economic Human Rights violations, and participate in the "March of the Americas" October 1999. For details, please see JUST SOLUTION #4, ACTION to gather stories from your community that demonstrate economic Human Rights abuses, on Page 8.

LAMBI FUND FOR HAITI

PO Box 18955 Washington, DC 20036,

Tel: 800-606-9657 or 202-833-3713

E-mail: lambi@igc.apc.org

The Lambi Fund of Haiti directly assists the popular, democratic movement in Haiti. The Fund channels financial and material resources to community-based organizations working to promote the social and economic empowerment of the Haitian people. Economic formulas imposed on the Haitian people by the U.S. backed World Bank and IMF are strangling Haiti's largely agricultural way of life. Supporting cultivators and indigenous production, helping farmers survive on their land while maintaining control of their own production, is considered to be the most powerful and long

lasting antidote to these harsh conditions. Currently, the Fund is working to provide relief from the recent devastation caused by Hurricane Georges.

ACTION:

Help repair the enormous damage among rural projects following Hurricane Georges in Haiti. Grain depots, food crops, processing mills, water pumps, etc. have been extensively damaged. Entire villages have been displaced; 85% of the food crops have been destroyed threatening epidemic starvation. Please spread the word: tell as many people as you can about the devastation caused by Hurricane Georges in Haiti. Donations can be sent to the Lambi Fund for Haiti, marked "Hurricane Relief."

NATIONAL COALITION FOR HAITIAN RIGHTS (NCHR)

275 Seventh Ave. 25th Floor, NY NY 10001-6708,

Tel: 212-337-0005, Fax: 212-337-0028

E-mail: nchrny@aol.com, www.nchr.org

NCHR was established in 1982, and since then has worked on several campaigns including helping Haitian asylum applicants receive fair hearings in the United States, educating the U.S. public about the political and economic causes of the Haitians' flight from their homeland, and helping increase the political effectiveness of the Haitian-American community. In the United States, NCHR has pioneered national litigation, education and advocacy efforts designed to halt the deportation and secure the legal status of Haitian boat people. NCHR has

ACTIVIST TIP:

DO THE SMALL THINGS

It takes a little bit from lot of people to keep pushing things forward. Human Rights abuses won't be stopped overnight nor by any one individual, so it's important to do what you can to help. Even if you only tell a neighbor about the need to protect Human Rights, you are adding to the cumulative impact of this work.

also assumed international leadership in organizing support for Human Rights in Haiti. Over the last ten years, NCHR staff members have conducted numerous investigative missions to Haiti. NCHR has long maintained cooperative efforts with both Haitian and non-Haitian NGOs in the U.S. and in Haiti, devising strategies for promoting Human Rights and protecting refugees.

ISSUE TO BE ADDRESSED:

Please see JUST SOLUTION #3, ACTION to become a "Witness for Peace" and join a Delegation to Haiti, on Page 7.

NETWORK IN SOLIDARITY WITH THE PEOPLE OF GUATEMALA (NISGUA)

1830 Connecticut Ave. NW, Washington DC 20009, Tel: (202) 518- 7638, Fax: (202) 223-8221, E-mail: nisgua@igc.apc.org, www.scruz.net/~goyo/nisgua/home.html

In Guatemala, the longest-running civil war in the Americas came to an end on December 29, 1996, with the signing of peace accords between the Guatemalan rebel alliance and the government of Guatemala. Although the end of the war created important new opportunities for Guatemala's grassroots movement for social justice, the issues that lay at the root of the conflict—widespread poverty, centuries of discrimination against the indigenous majority, and a culture of repression and violence—remain largely unresolved.

In this post-war period NISGUA has reaffirmed its commitment to working with grassroots groups towards social justice, Human Rights and democracy in Guatemala and throughout the Americas. NISGUA works in the following ways:

- Educates and organizes North Americans to work effectively for justice in Guatemala.
- Supports Guatemala's grassroots movement.
- Builds people-to-people links between the U.S. and Guatemala.
- Seeks to impact U.S. policy towards Guatemala, to continue the ban on military aid, and to obtain funding for peace.

ISSUE TO BE ADDRESSED:

Please see JUST SOLUTION #1, ACTION by NISGUA to expand inquiry on Human Rights abuses in Guatemala, on Page 4.

PRISON ACTIVIST RESOURCE CENTER (PARC)

P.O. Box 339, Berkeley, CA 94701, Tel: 510-845-8813, Fax: 510-845-8816

E-mail: parc@prisonactivist.org, www.prisonactivist.org/

PARC, a grassroots collective, believes that progressive social change, not mass incarceration, is the solution to crime, and that nonviolent direct action is the only effective antidote to the many forms of institutionalized violence both inside and outside America's prisons. PARC's main goals are:

- To expose the myths that sustain widespread injustices in prisons and in the communities most affected by mass imprisonment
- To inspire and motivate people to take positive action against the mass incarceration system and for prisoners' human and civil rights, and to provide practical support to activists who are taking such action.

PARC serves as an information clearinghouse and works in

coalition with other grassroots organizations to educate and create forums for debate on the criminal prosecution system and the root causes of crime. Through activist networks nationwide and in Canada, PARC works to expose torture, medical neglect, and discrimination. Other areas that PARC focuses on are: political prisoners and prisoners of war, control units, women in prison, and the death penalty.

ISSUE TO BE ADDRESSED:

Please see JUST SOLUTION #2, ACTION to amend use of Maximum Control Units on Page 5-6.

ACTIVIST TIP: HAVE FUN

Get creative. Instead of asking people to attend yet another meeting, throw a party. If you want to get a message across to your elected representatives, create an event by building a large paper mache puppet representing your favorite Human Rights violator, and show up on their doorstep. For more ideas, order the Activist Cookbook, a great resource for creative solutions and activist strategies. Call United for a Fair Economy at (617) 423-2148, or visit their web site: <http://www.stw.org>

PROJECT SOUTH: INSTITUTE FOR THE ELIMINATION OF POVERTY & GENOCIDE

National Office & the Atlanta Book Club, 9 Gammon Ave. SW, Atlanta, GA 30315, Tel: 404.622.0602, Fax: 404.622.7992, E-mail: projectsouth@igc.apc.org, www.peacenet.org/projectsouth

Project South is a community-based membership institute that develops and conducts popular political and economic education and action research for organizing and liberation. Project South is committed to building the capacity of grassroots and workers organizations in the fight for social and economic justice. On-going projects seek to strengthen community organizing in the Southeast. Project South's Popular Education Initiative develops and uses popular political and economic education to deepen understanding of the conditions in communities, develops new leadership and helps determine effective strategies for making change. Project South also conducts projects to launch an economic justice (including livable wages and a just welfare system) organizing initiative. Project South is also conducting the "Who Owns Georgia Politics?" project, which investigates the impact of private money on electoral politics. Project South encourages everyone to get involved in stopping Human Rights violations, and to begin in your own backyard.

FSTV AFFILIATED CABLE STATIONS

FSTV airs four new hours of programming each week on community access channels in 50 U.S. cities, reaching seven million homes. Tier One stations will air Just Solutions on the dates listed inside. Tier Two stations will air the same programming two to four weeks later.

TIER ONE

Albuquerque, NM
Channel 27 • Fri., 1am-5am; Sat & Sun., 12am-4am • 505-243-0027

Ann Arbor, MI
Media One-9 • Wed. & Fri., 12am-2am
313-769-7422

Atlanta, GA
Channel 11 • Mon.-Fri. 3pm-4pm, Tues. & Thurs, 8pm-10pm, Sat. 1-3pm & 9-11pm
404-894-0309

Beaverton, OR
Channel 59 • Mon., 4pm-6pm; Thurs., 6pm-8pm • 503-629-8534

Boulder, CO
Channel 54 • Mon.-Thurs., 10pm-12am & 1am-3am • 303-440-1000

Cambridge, MA
Channels: 19, 66 • Mon., 10pm-12am; Tues., 9pm-11pm • 617-661-6900

Chicago, IL
Channel 19 • Mon. & Tues., 12am-2am • 312-738-1400

Fitchburg, MA
Channel 36 • Mon. & Tues., 10pm-11:30pm; Wed. & Thurs., 11pm-1am; Fri., 12am-2am & Sat., 12am-4am
978-343-0834

Flushing, NY
Channels 56, 57 • Thurs., 10pm-2am (ch 56)
718-886-8160

Fremont, CA
Channel 3 • Mon. & Wed., 11:00pm-1:00am
510-792-0516

Grand Rapids, MI
Channels: 50 • Mon.-Wed., 11:30-12:30
Fri., 11pm-12am, Sat. 12am-1am
616-459-4788

Gresham, OR
Channel 21 • Tues., & Sat., 12am-2am • Education Channel 31
Tues., Wed., & Thurs., 11pm-1am; Sat. 12am-2am • 503-667-7636

Honolulu, HI
Channel 54 • Sat., 9pm-1am
808-834-0007

Los Angeles, CA
Channel 36 throughout the City
Tues. 11pm-1am • 213-368-2372

Madison, WI
Channel 4 • Sat., 2-4pm & Mon., 6:30pm-8:30pm • 608-258-9644

Malden, MA
Channel 3 • Mon. & Thurs., 10:30pm-12:30am • 617-321-6400

New Haven, CT
Channel 27 • Fri., 9pm-1am
203-562-2288

New York, NY
Channel 14 • Mon. & Wed., 8pm-10pm • 212-998-2664
Channel 75 • Mon., 12pm-1pm, 5pm-6pm, & 10pm-11pm; Wed., 12:30am-2:30am
212-719-9128

Palo Alto, CA
Channel 77 • Wed. 6-10pm
415-494-8686

Philadelphia, PA
Channel 54 • Sat. & Sun., all day
215-895-2927

Portland, OR
Channels 11 • Wed., 1am-5am
503-288-1515

Reading, PA
Berks Cable Channel 28 • Service Electric
Channel 20 • Hamburg Cable Company 16
Mon. and Wed., 11pm-1am • 610-374-3065

San Francisco, CA
Channel 52 • Mon. & Wed. 11pm-12am (tape 1) & Thurs. (tape 2)
10pm-12am • 415-239-3887

Santa Cruz, CA
Channel 71 • Mon. & Thurs., 10pm-6am • 408-425-8848

St. Louis, MO
Channel 21 • Tues., 10pm-12am & Sat. 8pm-10pm • 314-361-8870

St. Paul, MN
Channel 33 • Mon., 12am-4am
612-224-5153

Tucson, AZ
Channel 64, cable ready channel 56
Mon.-Sun., 10pm-12am
520-624-9833

Valdosta, GA
Channel 12 • Mon. & Wed., 7pm-9pm • 912-259-5087

West Hollywood, CA
Channel 36 • Fri., 5:30pm-9:30pm & 10pm-2am • call for additional listings
213-848-6522

TIER TWO

Amherst, MA
Channel 10 • Thurs., 12am-4am
413-256-1010

Ashland, OR
Channel 9 • Wed., 10pm-12am;
call for additional listings
541-552-6395

Atlanta, GA
Channel 12 • Thurs., 11pm-12am
404-873-6712

Berkeley, CA
Channel 25 • Wed., 3:30-5:30pm, Thurs., 7:30-9:30am, Sun. 10:00pm-12:00 am
510-848-2288

Brattleboro, VT
Channel 8 • Fri. & Sat., 10pm-6am
802-257-0888

Denver, CO
Channel 57 • Mon., 9pm-11pm;
Fri 8pm-10 pm • 303-295-4040

Chicago, IL
Channel 2 • Tuesdays and Wednesdays.
7pm-11pm • 312-345-3606

Columbus, OH
Channel 21 • Fri, 9pm-10pm
614-224-2288

Iowa City, IA
Channel 2 • Sat., 9pm-11pm; Thurs., 10pm-12am • 319-338-7035

Missoula, MT
Channels 7, 13, 8 • Wed., 11pm-1am; Thurs., 10pm-12am • 406-542-MCAT

Napa, CA
Channel 45 • Fri., 10pm-12am; Sat., 10pm-12am • 717-257-0574

Northampton, MA
Channel 2 • Sun., 9pm-11pm
800-952-2253 • 413-586-6911

Oroville, CA
Channel 21 • Fri., 7pm-9pm & Sat., 7-9pm
916-895-2288

Pittsburgh, PA
Channel 21 • Tues., 11pm-12am
412-322-7570

Sacramento, CA
Channel 74 • Mon., 11pm-1am
916-456-8600

Seattle, WA
Channel 29 • Sunday 8pm-9pm
206-552-6672

Shrewsbury, MA
Channel 57 • Tues., 2am-4am; Sat., 12am-2am
508-841-8650

South Yarmouth, MA
Channel 3 • Sat., 10pm-2am
508-394-2388

St. Louis, MO
County interconnect increased Channels:
American, if cable ready 37-A, if converter box 5-A, Charter I, 16 if cable ready, 22 if converter box; Charter II, Channel 20; Charter III, Channel 115; Charter West, Channel 10;
Channel 10 for TCI County; TCI City,
Channel 13 • Thurs., 3pm-5pm & Friday 7pm-9pm • 314-991-2700

Stanford, CA
Channel 5 • Mon.-Thurs., 9pm-11pm, Sun., 4:30-6:30
650-723-9069

JUST SOLUTIONS

is presented by:

FSTV (Free Speech TV) a part-time progressive cable network, provides national exposure to independent film and video artists, activists, and community based media groups whose perspectives are traditionally absent from corporate media.

The **HUMAN RIGHTS WATCH INTERNATIONAL FILM FESTIVAL** (HRWIFF) was created to advance public education on Human Rights issues and concerns using the mediums of film and video. HRWIFF's annual Film Festival exhibits the finest Human Rights films and videos in theaters throughout the U.S. and abroad.

KBDI/CHANNEL 12, Denver, is a community-licensed public television station with a major commitment to address social issues and public concerns that have not been adequately focused upon elsewhere in media. Embracing the tenets of freedom of expression, the station provides viewers with programs presenting a broad spectrum of opinion.

IN YOUR HANDS is a campaign to advance a national Human Rights action agenda for the 50th Anniversary of the Universal Declaration of Human Rights. This effort is being coordinated by the **FRANKLIN AND ELEANOR ROOSEVELT INSTITUTE** and the National Coordination Committee for the 50th Anniversary of the Universal Declaration of Human Rights (UDHR 50), a coalition of non-governmental organizations, corporations, labor unions, religious groups, national and international agencies, academic institutions, professional associations and individuals - all with a deep commitment to Human Rights and fundamental freedom.



The Universal
Declaration
of Human Rights
1948 - 1998

In Your Hands: A Community Action Guide

The **IN YOUR HANDS** coalition has developed the resources you need to carry the human rights message to new communities and to a new generation. This 130-page handbook contains 50 actions for the 50th anniversary of the Universal Declaration of Human Rights along with countless other tools to help you mobilize your community. When you buy more than 20 copies, you pay well below production cost for this invaluable resource. Please order extra copies to share with others.

Single Copy	\$15.00	5 - 10 Copies	\$12.00
11 - 20 Copies	\$9.00	21 Copies or More	\$6.50
Plus \$0.50 per copy shipping and \$2.50 per order handling			

Please mail your check or money order to: The Franklin and Eleanor Roosevelt Institute • Human Rights Office • 801 2nd Avenue • New York, NY 10017. Or call to place orders by phone: 212-907-1332 and visit our website: <http://www.udhr50.org>

JUST SOLUTIONS is supported in part by the following organizations:

THE JOHN D. AND CATHERINE T. MACARTHUR FOUNDATION, a private, independent, grant-making institution, is dedicated to helping groups and individuals foster lasting improvement in the human condition.

THE OPEN SOCIETY INSTITUTE'S SOROS DOCUMENTARY FUND supports international documentary films and videos on current and significant issues in Human Rights, freedom of expression, social justice and civil liberties.

THE FILM ARTS FOUNDATION is dedicated to supporting the creation, exhibition and distribution of independent film and video. Underlying all services is advocacy to heighten public recognition of the cultural, social and political role of independent media and to preserve and develop new sources of support for media artists.

Special production thanks to Eric Galatas, Linda Iggi, Meena Nanji, and Andrew Swift.



"There's only one business protected by the U.S. constitution, and that's the Press. The reason is simple; only a strong, free press can tell us how those with power are using it. And only if we are informed can we protect ourselves from abuses of power. Yet what happens when the press is owned by the powerful?"

— Studs Terkel,
in the film "Fear and Favor in the Newsroom"



ARTICLE 19

Article 19 of the Universal Declaration of Human Rights guarantees everyone the right to freedom of opinion and expression. This right includes the freedom to hold opinions without interference and to seek, receive, and impart information and ideas through any media and regardless of frontiers.

When Ben Bagdikian, an editor for the Washington Post during the Watergate years, wrote his groundbreaking work "The Media Monopoly," there were a total of 50 multi-national conglomerates that dominated all print, broadcast and entertainment media. In his most recent edition, the count has dwindled to ten owning corporations.

Now more than ever, independent, non-corporate media institutions must be created and supported. This Human Rights Advocacy Kit, accompanying the JUST SOLUTIONS television series, is an opportunity for you to find out what is really happening, both around the world and in your own backyard. Use the tools provided in this kit to make a difference!



JUST SOLUTIONS
campaigning for human rights